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NEWS WORTH SHARING.

Nation's birthday marred by deadly violence

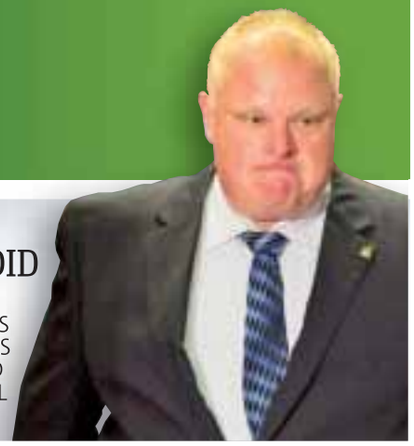
Canada Day in Winnipeg ends with two people dead in separate stabbing, shooting incidents PAGE 4

Burris: 'I'm the most hated man in the Prairies'

Ottawa quarterback expecting a special level of animosity tonight at Investors Group Field PAGE 14

Thicke's shtick is Patton-ly absurd

Sure, singer Robin Thicke misses his ex-wife, but is Get Her Back just a little creepy? Paula Patton hasn't seen it, so she couldn't say PAGE 10



OH YES, ALL THAT STUFF I DID

AFTER A TWO-MONTH REHAB STINT, TORONTO'S MAYOR TALKS DRUGS, HIS FITNESS FOR OFFICE AND AVOIDING THE 'CRIMINAL ELEMENT' PAGE 5

Mayor Katz blasts real estate audit

'Damning.' Canadian Taxpayers Federation director calls on premier to consider inquiry or RCMP investigation

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Was this a review or an audit?

That question bogged down city hall Wednesday following the release of the much-anticipated report on the real estate transactions of the past five years, which included the $210-million Winnipeg police headquarters, the fire-halls land-swap controversy and water park Parcel 4 at the Forks.

Mayor Sam Katz said the report was merely a review and poked holes in it, noting that key individuals and companies, such as ex-CAO Phil Sheegl and Shindico Realty, weren't interviewed by outside auditing firm Ernst & Young (EY), while "five different lobby groups and self-interest groups" were.

Katz also assigned blame to city auditor Brian Whiteside, who oversaw the report.

"We're not steering the process, the city auditor basically steered the process," Katz said during a 25-minute scrum with media following Wednesday afternoon's executive policy committee meeting.

Asked by Metro if he will be bringing forward a motion calling for an audit since he viewed this as a review, Katz said he's not sure.

"We've spent half a million dollars on this and counting ... how far you want to go will be up to council."

Whiteside said the audit looked at more than 30 transactions over the five-year period and "EY found that evidence supporting compliance with City policies, procedures and industry practice was lacking in many instances."

Colin Craig, Prairie director of the Canadian Taxpayers Federation, called the report "damning" and said he's surprised that a discussion is taking place on whether it's an audit or a review.

"Based on what we've heard so far, there (are) more serious allegations that have come forward of inappropriate activities," he said. "You have people … running a billion-dollar organization and they can't get basic information they need to make decisions? City hall is an absolute gong show."

Craig said Premier Greg Selinger should consider an inquiry or bringing in the RCMP to investigate.

City council was originally scheduled to debate EY's report on Thursday, but that meeting was pushed back to July 9.

For more coverage of this story, see page 3.

Quoted

"City hall is an absolute gong show."

Colin Craig, Prairie director of the Canadian Taxpayers Federation, who called the report "damning"

Mayor Sam Katz holds the Real Estate Management Review, which was made public on Wednesday.
BERNICE PONTANILLA/METRO

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Real estate review reveals confusion, wasted dollars

Pointing fingers.
Report outlines procedural issues among city admin

ELISHA DACEY
elisha.dacey@metronews.ca

The new fire station on Portage Avenue was part of a real-estate land-swap deal. ELISHA DACEY/METRO

The city's real estate review is in, and the results are eye-opening.

A full council meeting discussing the implications of the review was scheduled to happen Thursday, but Mayor Sam Katz said the meeting would be delayed a week to let councillors absorb the 188-page report.

Here are some of the highlights of the report, taken from the executive summary.

Police HQ/Canada Post building transaction

• Despite an agreement on real estate commission costs for the sale of the Canada Post building, the city paid nearly twice as much as the agreed-upon costs ($804,375 after the agreed $478,750). City management said they contacted the real estate agency and asked for a breakdown of all their costs for this service and the total fee for all services rendered was 2.75 per cent. The review states the additional services were not in the original agreement and a new tendering process should have take place for those services.

• The review pointed fingers at the city's former CAO, for saying in an email the real estate company working for the city to buy the old Canada Post building should get paid a $100,000 portion of their fees even if the bid to buy the building failed. The original agreement had no provisions indicating the agency would be paid if the sale did not go through. More invoices received showed that a total of $173,910 was paid to the real estate company before the transactions closed, and then the company received their full commission on top of it.

• No documented appraisal was done of the building, and no other options for other buildings appear to have been considered.

Winnipeg Square Parkade

• A real estate broker advised the City of Winnipeg on the sale of the Winnipeg Square Parkade, despite no documentation clarifying their role or agreement. After advising the city on the sale, the broker then acted on behalf of the buyer. The city was not notified of this. The broker profited from both the city and the buyer on the sale of Winnipeg Square Parkade. The parkade also sold for more than anticipated and the city should have renegotiated the broker's commission rate.

Parcel Four

• Two external appraisals were done on the land near The Forks known as Parcel Four. One settled on $10 million, while another valued the land at $5.9 million, depending on what it was used for. The differences between those two appraisals were not made clear.

• A cover letter by a proponent for the site indicated they knew the site was available before the city's tendering process began, and had been advised by city representatives that the site would be available for development.

Rapid transit

• An entire business was expropriated for the first phase of rapid transit, but only 20 per cent of the property was needed. The business owner said at the time if the city took 20 per cent, the business couldn't operate. The city agreed without an advisor checking into the owner's statement. The city paid for the full business, then sold the 80 per cent it didn't need for less than half of what it paid. The same business, with different owners, runs today.

Procedures

• The city has no guidelines in place for when full appraisals should be done. Updates should also be done six months after the first appraisal due to changing market conditions. This was not done for several real estate transactions, meaning the city likely lost money as the properties were likely sold for less than they were worth.

• The city has no guidelines for environmental site assessments.

• The city has no rules outlining the roles and responsibilities of people in the real estate division.

Recommendations

There were 17 recommendations out of the report. Here's a few of them:

- That the city develop a real estate transaction management framework.
- That the city establish a Planning, Property and Development department directive for more complete reporting, including a comprehensive checklist.
- That the city establish appraisal guidelines.
- That the city ensures openness, fairness and transparency of procurement process.
- That the city retain all documentation of internal communications and develop an index and checklist for transaction files.
- That all significant agreements and contracts be reviewed by legal services.

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HUDSON'S BAY

Two unrelated killings on Canada Day

Shooting, stabbing. Homicide Unit asks for help identifying suspects in stabbing

Two unrelated killings in Winnipeg Tuesday kept homicide detectives busy on Canada's birthday.

Police were called to the Chateau 100 apartments at 72 Donald St. around 3 a.m. Tuesday where they found Michelle Stobbe, 28, of Winnipeg, dead in a suite.

Police spokesperson Const. Eric Hofley said the woman was killed after a man, who had been handling a 9mm handgun registered to him, accidentally fired one shot after she apparently grabbed at his arm.

"There's no indication that there was an argument," explained Hofley, who said the pair were the only two left in the suite after party earlier in the night. "For whatever reason he had that firearm out ... unfortunately it did discharge."

John Elwood Cameron, 35, face charges including criminal negligence causing death and careless storage of a firearm.

Then, around 10:15 p.m., as Winnipeggers gathered at The Forks to watch the Canada Day fireworks, two men were found stabbed nearby at the corner of Main Street and Broadway. Both were taken to hospital in critical condition, where one later died. Police did not release the victim's name or age Wednesday.

Anyone with information about the stabbing death should call investigators at 204-986-6508. SHANE GIBSON/METRO

Police tape was left near the corner of Main Street and Broadway, where two men were found stabbed on Canada Day. SHANE GIBSON/METRO

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$6B dam. Keeyask project given green light despite Métis objections

Conservation Minister Gord Mackintosh said Wednesday the NDP is granting the Keeyask generating station an environmental licence despite the opposition of Manitoba's Métis.

The licence is the strictest of its kind with 165 conditions attached, he said. The conditions include protecting lake sturgeon, caribou, wetlands and establishing mercury monitoring programs.

"That's more than twice the number of conditions attached that were to the environmental act licence for the Wasquatum dam," Mackintosh said.

"Sturgeon will be impacted by this proposal, but the conditions require that (Manitoba) Hydro more than make up for that impact. It must be mitigated."

Manitoba Hydro will develop "passable" turbines for fish, as well as stock sturgeon in the region for at least 50 years, he said.

The Manitoba Metis Federation has accused the government of running roughshod over Métis rights in its haste to build the project.

David Chartrand, president of the federation, has vowed to fight the generating station — and the transmission line that goes along with it — as both inch closer to construction. THE CANADIAN PRESS

Hunger for the game

Winnipeggers third in World Cup spending

New data unveiled Wednesday shows Winnipeg soccer fans have been among the hungriest and thirstiest in the country during the FIFA World Cup.

The numbers, released by payment processing company Moneris Solutions, show restaurants in Winnipeg have seen a 14.56 per cent spike in business during the World Cup, compared to the same time period before the tournament started earlier in June.

The numbers put us in third place behind Ottawa, who saw a 16.9 per cent increase, and North York, Ont., which took the top spot with a 22.49 per cent increase.

Manitoba came in second in spending among provinces during the World Cup, behind Newfoundland's top-place finish. METRO

Frozen pipes

Finally, you can turn off those taps, city says

Roughly 10,000 Winnipeg homeowners can finally turn off their taps without worrying about frozen pipes.

Months after asking homeowners to run a "straw-sized stream of water" to prevent the freeze up, the city announced Wednesday affected homeowners can shut off their taps.

The city said 13 homes remain on a list of properties possibly still suffering from frozen water pipes, but Shanks said all have "site-specific conditions that are not representative of the risk to the community-at-large."

Residents who've had to run their taps will have their bills adjusted up to a maximum of 1,500 litres per day based on their normal water use. METRO

Toronto Mayor Rob Ford in an executive committee meeting Wednesday. CHRIS SO/TORSTAR NEWS SERVICE

Putting the focus on Ford

Toronto's Mayor Rob Ford returned to city hall this week after two months in rehab, pleading for a second chance. He sat down Wednesday with a handful of television networks for one-on-one interviews.

THE CANADIAN PRESS

ON DOING DRUGS

The stress of running Canada's largest city is not what drove Rob Ford to substance abuse, he said Wednesday. Ford told CBC he has been under the influence of alcohol while at city hall as mayor, but never used drugs there.

He was adamant that his professional life is not what prompted his substance abuse, saying he was born with a disease and he will die with it.

"I think people don't understand the triggers and cravings," Ford said. "Some people blame it on their job. This is a disease that was not this job."

ON HIS FITNESS FOR HOLDING OFFICE

Ford said he drank and did drugs "for years" before he was elected mayor. The drugs he used ran the gamut, he said, telling TV station CP24 that he had done mushrooms, marijuana and "everything you can think of," but not heroin.

When asked if someone with uncontrolled cravings is fit for the office of mayor, Ford insisted the job is not one of his triggers.

Ford would not commit to resigning if he relapses, saying only that he is taking it one day at a time.

"I did not drink yesterday and I haven't drank today," he said.

ON THE POLICE INVESTIGATION

Ford has vowed to no longer associate "with the criminal element that's before the courts," but said on the advice of his lawyer he still will not consent to an interview with the police. Toronto police spokesman Mark Pugash said Wednesday the criminal investigation into the mayor is ongoing.

The embattled mayor also admitted he was smoking crack cocaine just days before he left for rehab, confirming that was the substance in a pipe he was seen holding in a video image obtained by the Globe and Mail.

ON MAKING RACIST, HOMOPHOBIC SLURS

Ford also said the disease makes people say and do things they otherwise wouldn't do and he offered a blanket apology for using ethnic slurs and making reportedly homophobic remarks.

"Everything I said while I was using — I offended a lot of people and all I can do is apologize and say sorry," Ford told CP24 when asked if he would apologize to Toronto's "diverse community."

"I cannot change the past and I think that covers everyone that you just mentioned."

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Target-ing safer environment

'Open carry.' Retailer asking shoppers to not bring firearms into its stores, even where allowed by law

Target is "respectfully" asking its customers not to bring firearms into its stores, even where the practice is allowed by law.

In a statement posted Wednesday on the retailer's corporate blog, interim CEO John Mulligan said that Target wants a "safe and inviting" atmosphere for its shoppers and employees.

"This is a complicated issue, but it boils down to a simple belief: Bringing firearms to Target creates an environment that is at odds with the family-friendly shopping and work experience we strive to create," he said.

In many states, carrying unconcealed guns in public is legal.

Molly Snyder, a Target spokeswoman, said that Target's move is a "request and not a prohibition."

"We don't have any plans for proactive communication to guests beyond what Target leadership shared today," she added.

Target does not sell guns in its stores or on its website.

Target Corp. made the announcement as it faced pressure about its policy on the "open carry" of firearms in its stores. A group called Moms Demand Action for Gun Sense in America gathered nearly 400,000 signatures for a petition asking Target to prohibit shoppers from carrying guns into its stores.

THE ASSOCIATED PRESS

In pictures

1 India. Anniversary for gay rights
A gay rights activist on Wednesday celebrates the fifth anniversary of an Indian court's ruling decriminalizing homosexuality in India. THE ASSOCIATED PRESS

2 Egypt. Jailed journo feels hopeless
The family of Mohamed Fahmy, an Egyptian-Canadian journalist convicted on terrorism-related charges, says he doesn't want to put much hope into efforts to free him just yet. THE ASSOCIATED PRESS

3 Italy. Protesting Syrian weapons
Women wear hospital masks as they stage a symbolic protest against the arrival of ships carrying Syrian chemical weapons in Gioia Tauro, southern Italy, Wednesday. THE ASSOCIATED PRESS

4 California. 3-2-1 ...
A Delta 2 rocket with the Orbiting Carbon Observatory-2 satellite launches at Vandenberg Air Force Base, Calif., Wednesday. THE ASSOCIATED PRESS

5 Russia. Low and dry
An employee of the Russian Space Training Centre dries the space suits of Russian, American and Japanese astronauts after a simulated water landing near Moscow, Wednesday. THE ASSOCIATED PRESS

Int'l Energy Agency

Electronic devices on 'standby' hog electricity: Report

Billions of electronic devices around the world that are constantly on "standby" are wasting enough electricity each year to power 80 per cent of Canada's needs, says a new report.

And it's only going to get worse, says the International Energy Agency, unless we do something about it.

The report says that demands of businesses and consumers always to be connected comes at a price.

Devices like refrigerators and coffee makers are now being made with connections to the Internet — which means they always have to be powered up to receive instructions.

TORSTAR NEWS SERVICE

Qantas Airways

Plane turns around due to water leak

Water flowed down the aisles and rained down on passengers of a double-decker Qantas Airways flight bound for Australia after a leak that forced the plane to return to Los Angeles late Tuesday, airline officials and passengers on the flight said.

The flight to Melbourne landed safely again at Los Angeles International Airport about an hour after takeoff, the company said in a statement.

Qantas said there were no safety concerns with the leak and that the captain decided to turn the Airbus A380 around in the interest of passenger comfort. THE ASSOCIATED PRESS

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Ceili is hoping to squeeze back into her dog sweater

Staff worker Kelli Quinones walks golden retriever Ceili on a treadmill at the Morris Animal Inn in Morristown, N.J., in June. For Ceili, it was easy to fatten up when living with a boy who pushed tasty morsels over the edge of his high chair. The extra weight led Eileen Bowers of Bedminster, N.J., to sign up the more-than-100-pound pooch for a five-day fitness camp last month at Morris Animal Inn. The camp offers swimming, nature hikes, treadmill trots, facials, massages and healthy treats like organic granola, string beans and carrots. THE ASSOCIATED PRESS

Porter must pay in cash when it bumps passengers: Agency

Forced to refine system. Carrier ordered to pay passengers cold, hard cash, not $500 vouchers for future travel, when passengers are bumped

The Canadian Transportation Agency has ordered Porter Airlines to pay cash to passengers bumped from domestic flights.

The regulator has given the carrier, which operates turboprops primarily from Toronto City Centre Airport, until July 8 to detail the actual compensation.

Porter currently doesn't have a compensation policy for passengers bumped due to overbooking from flights within Canada, but has provided a $500 voucher for future travel as a "goodwill gesture."

Responding to a complaint from air passenger rights activist Gabor Lukacs, the agency found Porter's current policy was "unreasonable."

It also ordered the airline to either rebook passengers on Porter or other airlines or provide a free flight back to the point of origin if the bumped passengers no longer wants to continue their travel.

The CTA previously ordered Porter to compensate bumped passengers travelling from Canada to the United States. In that case, Porter must pay twice the total one-way fare or up to $650 if passengers arrive at their destination one to four hours later than scheduled, and four times the fare or up to $1,300 if they're more than four hours late.

THE CANADIAN PRESS

Air Canada must also pay

Air Canada was previously ordered to pay cash compensation to bumped passengers on domestic flights.

- It pays between $200 to $800 in cash, depending on the length of the delay, for flights within Canada and from Canada to the U.S. It pays up to $650 and $1,300 for delays involving flights from the U.S. to Canada.

Lawsuit. LiLo claims maker of Grand Theft Auto stole ... her image

Lindsay Lohan
THE ASSOCIATED PRESS FILE

Lindsay Lohan is suing the makers of the Grand Theft Auto video games. The actress says the latest installment used her image and created a character based on her without her permission.

Lohan's lawsuit was filed Wednesday in a Manhattan court.

Grand Theft Auto V game maker Take-Two Interactive Software Inc. and subsidiary Rockstar Games declined to comment. THE ASSOCIATED PRESS

Facebook. Details of 'emotional contagion' experiment spreads upset

British data protection authorities are investigating revelations that Facebook conducted a psychological experiment on its users.

The Information Commissioner's Office said Wednesday that it wants to learn more about the circumstances of the experiment carried out by two U.S. universities and the social network.

The researchers manipulated the news feeds of about 700,000 randomly selected users to study the impact of "emotional contagion," or how emotional states are transferred to others. The researchers said the evidence showed that emotional contagion occurs without direct interaction between people and "in the complete absence of nonverbal cues."

The survey provoked an outcry about the ethics of manipulating users' feeds without their consent. THE ASSOCIATED PRESS

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GOING BACK TO NOWHERE

HE SAYS

John Mazerolle
metronews.ca

I come from nowhere. More specifically, I come from New Brunswick.

I'm taking my girlfriend there in a couple of weeks and she thinks I'm underselling my home province — maybe because I keep saying the three best things are my friends, my family and edible seaweed, not necessarily in that order.

But it's a tricky thing, explaining New Brunswick. I'm finding describing my home province a bit like trying to explain depth to a two-dimensional life form or purple to a blind person. New Brunswick has its pros and cons but to most of the country it's a cipher, an empty space. If it were eliminated from the map by nuclear warfare, all you'd say when you got out of your car is that the drive to Nova Scotia is faster than you remember.

Think about it. Can you name the best hockey player to come out of New Brunswick? No? In Canada, doesn't that mean it might as well not be there? And what about the best musician from N.B.? The best actor? The most striking landmark? The most famous building? What you like the most? The least? Do you even know what the old Brunswick is?

You might have very positive views about Toronto or Saskatchewan, or you might wish Godzilla would visit those places. But you probably have some idea what it is you are loving or hating.

What springs to mind when you think of New Brunswick? It's like a zen koan, designed to free your mind of conscious thought. It's not a good thing or a bad thing. It's just there. Or not. New Brunswick, the new play by Samuel Beckett. It's been a problem for people in New Brunswick too, as can be seen in years of failed advertising slogans so vague as to be meaningless: "Wow!" was one. No, really. It was just "New Brunswick: Wow!" Another was "Be … In This Place," which really does seem like a zen koan.

And when New Brunswickers aren't being vague, they're trying too darn hard. The province's biggest boosters often seem like people striking up the band so you won't notice the ship is sinking. My hometown, Saint John, has taken to calling itself Renaissance City since I left, which is only accurate in that Saint John often leaves you wondering if you've returned to the 16th century.

Keep in mind, I like Being … In That Place. It's just no obvious consensus has been reached on what New Brunswick is or what it can be. For most of Canada, it's just nothing, but from a tourism perspective I can laud the French-English mix, whale watching, a couple of great national parks and some beautiful sunsets.

I'm not sure I could move back, but I know there's enough beauty there for me to pull my girlfriend close and whisper sweet New Brunswicks in her ear. Wow.

MILITANTS AT WORK

Iraqis who have fled recent fighting in the cities of Mosul and Tal Afar try to enter a temporary displacement camp but are blocked by Kurdish soldiers on Wednesday in Khazair, Iraq. For more images of refugee life in Iraq over the past week, scan this image with your Metro News app. ALL PHOTOS SPENCER PLATT/GETTY IMAGES

The Islamic State looks to tighten grip on land

Fresh from success in Iraq, a Sunni extremist group tried to tighten its hold Wednesday on territory in Syria and crush pockets of resistance on land straddling the border where it has declared the foundation of an Islamic state.

The militant group has fed off the chaos and supercharged sectarian atmosphere of Syria's civil war to seize control of a large chunk of territory there. With its recent blitz across Iraq, it has expanded its gains while also effectively erasing the border between the two countries and laying the groundwork of its proto-state.

The group this week unilaterally declared the establishment of an Islamic state governed by Shariah law and demanded that all Muslims pledge allegiance to it.

THE ASSOCIATED PRESS

By the numbers

800K

Number of people who have fled the city of Mosul, Iraq's second-largest city, since the Islamic State militants took control, according to the International Committee of the Red Cross in Iraq.

Who are the Islamic State?

The Islamic State of Iraq and Syria, now calling themselves simply the Islamic State, are an al-Qaida breakaway group.

- Extremists have long dreamed of recreating the Islamic state, or caliphate, that ruled over the Middle East and beyond in various forms over Islam's history.
- But ISIS has managed to do what al-Qaida never has — carve out a large swath of territory in the heart of the Arab world and control it.

METRO AUGMENTED REALITY

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MetroTube

This is Verruckt

ANDREW FIFIELD
andrew.fifield@metronews.ca

Behold Verruckt, opening this summer in Kansas City and verified by Guinness as the world's tallest waterslide. After hiking more than 250 steps to the top, riders are strapped in a four-person raft and sent down an early vertical 168-foot drop, because lesser waterslides are for babies.

Obviously, hydrothrillseekers are eager to see what it's capable of, so a park designer and ride engineer rigged a few POV cameras and took it for a spin.

If you're wondering what incredible phrase the Germans managed to squeeze into "verruckt," it just means insane — which is disappointing. (SDG/YouTube)

ISTOCK

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Hurtin' Albertans get rough

Corb Lund. Forget polish! The band's latest album, recorded in two nights, is a new, 'really raw' take on old favourites

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Corb Lund and the Hurtin' Albertans bring their old-school country sound to the Winnipeg Folk Festival. CONTRIBUTED

When a band rerecords its old songs, it's often to take advantage of a slick studio production that wasn't available to the group earlier in its career. For Corb Lund and the Hurtin' Albertans, it was exactly the opposite.

The Canadian country band's new album, Counterfeit Blues, features fan favourites from 2002's Five Dollar Bill and 2006's Hair in My Eyes Like a Highland Steer, recut live off the floor during two down-and-dirty recording sessions at Sun Studio in Memphis, Tenn.

"It's kind of backwards," says Lund of the recording process. The idea came from Joel Stewart, who works at CMT in Toronto, who wanted to do a TV special of the band performing at Sun Studio in Memphis. The station aired it and "people were clamouring for the audio, so we decided to make a CD of it," he said.

"It's cool because the newest guy in my band has been with me for 11 years. We only had two nights to do it, from seven until midnight, so we decided we'd play the songs we knew the best. We know them inside out, upside down, so we just banged them out like our live show and most of them are first takes.

Rough, human and dirty

"I've had it with pristine recordings and nice shiny records."

Corb Lund, country musician, on his band's "raw" new album

"It's just really raw. I've had it with pristine recordings and nice shiny recording studios. It's stupid. It's way better to have it all rough and human and dirty."

Counterfeit Blues, released June 17 in Canada and July 1 in the U.S. via New West Records, is also the Hurtin' Albertans way of introducing its older songs to its stateside fans, as its previous album, 2012's Cabin Fever, was its first big breakthrough south of the border.

As far as new music, Lund says he has four or five new tunes in the bank. Like so much of his back catalogue, Lund says the songs delve into rural and Canadian themes, including one about an old-fashioned netminder.

"It's called Butterfly," Lund says. "It's funny, people hear the title and go 'Butterfly?' but it's about an old guy who is a stand-up goalie, like 'Those other guys can butterfly, I'll stand up till I die.' The line is 'I love the sound on my Cooper browns, that reassuring thump, that made my luck and stop the puck like Bower, Plante and Gump.'"

Corb Lund and the Hurtin' Albertans play the Winnipeg Folk Festival's main stage on July 11 at 7:10 p.m.

Lund also makes festival workshop appearances and an artist signing on July 12.

For a full schedule and ticket information, go to: winnipegfolkfestival.ca

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Shia LaBeouf ALL PHOTOS GETTY IMAGES

They tried to make Shia go to rehab, he said no, no, no (but did seek help)

A publicist says Shia LaBeouf is being treated for alcoholism. Melissa Kates said Tuesday the 28-year-old actor has not checked into a rehab facility, but is receiving voluntary treatment for alcohol addiction. Kates said in a statement that LaBeouf's recent actions — which include an arrest for disrupting a Broadway play — are symptoms of a larger health problem. She said he has taken the first of many necessary steps toward recovery. LaBeouf was charged with disorderly conduct, criminal trespass and harassment during a production of Cabaret last week. The actor was arrested for drunken driving in 2008 after he crashed his pickup truck, injuring his hand and knee. LaBeouf is best known for appearing in the first three Transformers films. THE ASSOCIATED PRESS

Jewel follows her Intuition, splits with hubby after 16-year relationship

Singer Jewel and her husband are divorcing after a 16-year relationship. The 40-year-old writes in a letter posted on her website that she and Ty Murray want their separation "to be nothing less loving than the way we came together." A representative for the singer confirmed the news Wednesday. Jewel and Murray were married in 2008. They have a son named Kase. Jewel says she decided to write the post — called Dear World — to inform her fans before the news broke in the tabloids. Her hits include

Jewel

You Were Meant for Me, Foolish Games and Intuition. Her 1995 debut album, Pieces of You, has sold more than 12 million units in the United States. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's hard to Get Her Back when she won't listen to the album

MELINDA TAUB
Metro in New York City

I know I'm not the only one who thinks Get Her Back is kind of gross. I appreciate that Robin Thicke misses his ex-wife Paula Patton, but dude — making a video of a Paula look-alike drowning in a skull mask before flashing the words "This is just the beginning," is unlikely to get you anything but a restraining order.

Luckily, there's one person who hasn't experienced the full weight of Robin Thicke's creepy take on romance: Paula Patton herself, who hasn't listened to the album. "I don't think she wants to hear it right now," Robin told Hot 97. "I can't speak for her, but I think space is an important part of any healing process."

Kudos to Paula. I imagine there's not much that would hurt Robin Thicke more than refusing to listen to him croon about you.

Paula is making sure that their healing process is spacious indeed. In addition to refusing to listen to his music, she and Robin haven't seen each other in four months. That must take some work, since they share a four-year-old son. Maybe they pass him back and forth wearing blindfolds — and, for Paula, earplugs, in case of any crooning sneak attacks.

Cameron Diaz

It may not be a real sex tape, but Cameron Diaz still bares all in it

Cameron Diaz does something she's never done before in her upcoming movie Sex Tape. She gets naked on camera. It's a first for the 41-year-old actress, who described the experience to Esquire magazine as "just a part of the role." She says her co-star Jason Segel also gets nude onscreen.

In Sex Tape, Diaz and Segel play a bored married couple who decide to spice things up by filming a sex tape. After it's accidentally leaked, they try to get it back. She also has a labour scene in the film. Diaz has been open about not wanting children in real life, saying she never really wanted to be a mother. THE ASSOCIATED PRESS

Nicole Scherzinger talks about battle with bulimia

In the new issue of British Cosmopolitan magazine, singer and former Pussycat Dolls member Nicole Scherzinger opens up about her secret struggle with bulimia. "It is such a horrible paralyzing disease and it was such a dark time for me ... It robs you of living your life," she tells the magazine.

Scherzinger hopes that sharing her story will serve as an inspiration for other people who are struggling with an eating disorder. "You can recover and you can get rid of it forever," she says. "I did it and

Nicole Scherzinger

that's why it's so important for me to share my story."

She says that she developed the eating disorder when she was in her early 20s. METRO

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THE DOUBLE DOUBLE EVENT

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3 braids to beat the heat

City humidity and heat doesn't mean you have to spend summer in ponytails and messy buns. DreamDry senior stylist Faith Huffnagle shares with us three beautiful braided styles that not only look awesome, but keep you cool. Bonus: All three styles are easier to do when your hair is a little dirty, so go ahead and hit snooze.

EMILY LAURENCE
Metro World News

For the beginner braider: The Fishtail

This fishtail braid looks elaborate, but it seriously only takes five minutes to do. Part your hair and divide it into two sections. Huffnagle recommends a side part so your braid will land over your shoulder. Take a small part of the outer section of one of the two sections you divided your hair into and cross it over, adding it to the inside of the other hair section. Then, do the exact same thing with the other side. Keep your braid tight or it will fall out later. When you're done, secure the end with an elastic and pin in any fly-aways. Pro tip: "The smaller the sections are that you pull from the two bigger sections, the more bone-like and delicate the braid will look," Huffnagle says.

For the intermediate braider: The Juliette

The Juliette is perfect if you are going out to drinks with friends or on a date. Start by sectioning the top third part of your hair and dividing it into three sections. Start a regular braid, but after the first pull, drop one of the section parts and weave a new section part in with the other two section parts. You will be adding to the two original sections all the way around your head, dropping one section with each pull, creating the cascading waterfall look. "If a layer ends, just connect it to another piece of hair in the back and continue from there," Huffnagle advises.

Use a curling wand to create the soft waves. "To really highlight the waterfall, curl the small sections cascading from your horizontal braid," Huffnagle says.

Keeping your hair summer safe

- For protection during the sizzling summer months, try **Live Clean Monoi Oil Leave-in Treatment.** A blend of rich coconut oil infused with Tahiti's native Tiare flower. Strengthening hair before damage begins, this product tackles the many problems summer throws at your hair — moisture loss, frizz and environmental damage. live-clean.com

For the expert braider: The Bianca

This crown braid has a bohemian music festival look to it that makes it perfect for summer. Start by grabbing a four-inch section of hair behind your ear. Then, divide that section in to three equal parts, like you would to start a normal braid. What makes this outside braid different from a normal braid is that you are constantly moving the centre piece, pulling it over both ways. The front piece ends up joining the back piece, very similarly to a French braid. Keep going around your head by pulling more hair from the top all the way around. As you braid, make sure it's tight; you can pull it apart a little at the end to loosen it up. Once you get all the way around your head, finish braiding any extra hair, secure it with an elastic and pin it behind your ear or in the back. Pull the braid apart a bit to make it look more relaxed.

Canadian street style

Spotted in: San Juan del Sur, NI

Name: Bonnie

Age:21

Occupation: OCAD student

What she's wearing:

BDG shoes, skirt from Black Market, Aritzia shirt, Brandy Melville sweater and purse from Value Village.

Her inspiration:

"I am inspired by Japanese street culture… and I really love the Spice Girls (specifically Baby Spice and Ginger Spice ... I love platforms and still wear them.)

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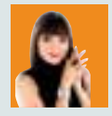


JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Oh Canada! Nostalgia reigns supreme this #CanadaDay #cottagelife

Lasso summer with rope accents

We usually think of natural rope as utilitarian, used to tie down furnishings on moving day or keep parcels tightly sealed. But its rough-hewn texture offers an excellent way to add a relaxed eco-look to interiors. Available in many colours and thicknesses, rope is fantastic for DIY projects. Not so handy? Here are some products (and inspiration) that tie the knot in style.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Get your napkins in a twist

Set sail for elegant dining. Braided Nautical Rope Napkin Ring, $4.70, BedBathAndBeyond.ca

Lash your mirror to the wall

Simple wood-framed mirror gets a casual lift from its chunky rope and decorative knobs. Emilio Wall Mirror, $360, CrateAndBarrel.com

Jute as much as you can handle

Stylist Sibella Court's sleek iron handle gets wrapped in natural jute rope for humble nautical flair. Fixed Rope Handle, $12, Anthropologie.com

Pendant lamp shows you the ropes

Rope, wood and glass make for an eco-stylish light fixture. Mango Large Hanging Pendant, $232, VdeVmaison.com

Lay your cords on the table

Mix with blue and white for a nautical inspired luncheon or with silver and gold for an elegant dinner. Vera Wang's Vera Infinity, five-piece place setting, $155, TheBay.com

Send the ants in your pantry packing

Indoor invaders. Keep your house from turning into an ant farm with advice from pest control experts

Ants can be a serious nuisance as they forage for food in cupboards and drawers. ISTOCK

Opening a bag of sugar to find ants crawling about is an experience no one wants to have, yet ants are a common pest many householders battle annually.

Jennifer Murphy, a Victoria resident, had just moved into her new home when she started to think there might be a pest problem. First she found ants in a large bag of sugar, and then while her husband was chopping vegetables he was bitten by an ant, and the pain was so intense he cut himself.

"We were annoyed," says Murphy. "But we knew that because we live in a warm climate, bugs were bound to come around. We had just moved in so we needed to figure out where they were coming from."

The potential entry point and cause of what Murphy believes was a carpenter ant problem was a disconnected dryer vent and a woodpile stacked against the outside wall of the house.

"We moved the woodpile away from the house and connected the vent," she says. "We squished all the ones we found in the house, and that seemed to get rid of them pretty quick."

Ants like moisture

Kurtis Brown, technical supervisor at Victoria Pest Control, says the nesting structure of carpenter and odorous house ants, the two most common types, means there is only so much people can do to avoid a problem.

"Many ants are seeking moisture. Making sure our homes are in good repair, where we fix leaks and we aren't piling soil over our foundations and on to our siding," says Brown.

Aphids attract ants

To deter ants, avoid planting anything in the garden that will attract aphids. Brown says ants are aphid farmers and will move them from around plants to feed on their droppings.

"If you are going to plant something that are prone to aphids, it's important to make sure the aphid population doesn't get out of control," he says. "The relationship between ants and aphids is important, and it is important to avoid planting vegetation right next to our houses where aphids and ants can be found."

Satellite colonies

Carpenter and odorous house ants are particularly problematic because of the way they develop their nests and colonies. Brown says carpenter ants, which have one queen, develop satellite colonies where they move larva, which is what is normally found in a home.

"It's a nest, but there is just no queen," says Brown. "That is where the problem lies with carpenter ant control. You're not only dealing with the ants in the house, but also the constant threat of a parent colony re-establishing a satellite colony in the house. They essentially become a problem because they walk up to the house and walk into it. They walk under the siding, or a power line or up the siding on the outside."

If left unchecked, carpenter ants can eventually cause severe structural problems to load-bearing beams and other parts of the home.

Odorous ants

Like carpenter ants, it is the nesting structure of the odorous house ant that makes them a concern for homeowners.

"They have a multiple queen and multiple nest site structure," says Brown. "There can be anywhere from one nest with one queen to a colony taking over 60 hectares and one million workers."

While odorous house ants don't cause any physical damage to the home, Brown says they can be a serious nuisance as they forage for food in cupboards and drawers. As their name suggests, odorous ants can also stink. They release a pheromone that smells similar to rancid butter or rotten coconuts. THE CANADIAN PRESS

Ants' colonial power

- People who live in areas with a large odorous ant colony often have a recurring problem.
- "It's really tough to stop odorous house ants," Brown says. "They have the widest nest site tolerance out of all the native ant species, so they can nest almost anywhere. I've found nests in toilet lids, in kitchen cupboards, typical spots like crawl spaces and attics, even in a radio. That is what really adds in, what makes them so successful."
- When dealing with a persistent ant problem, Brown advises avoiding pesticides as they aren't very effective. If a homeowner suspects carpenter ants have taken up residence he recommends contacting a pest expert. Baiting through ant traps can be successful for odorous house ants.

Subtract fish, add mussels and apples for new take on 'fish' cakes

Mussel Potato Cakes with Apple Chutney. This dish combines unlikely flavours for a delightful combination

"Fish cakes are a staple in the Maritime provinces. Traditionally they were made with salt cod, but now that cod stocks have been depleted, other fish are used," write Alain Bossé and Linda Duncan in their book Mussels. "In this recipe, we've replaced the fish with mussels and green tomato chow commonly served with fish cakes with apple chutney."

Apple Chutney

1. Core and dice the apples.

2. In a frying pan, melt the butter over medium heat and add the apple pieces. Bring to a boil, and stir in the brown sugar and cinnamon. Reduce the heat and simmer until the apples are tender, stirring occasionally. Can be served hot or cold.

Mussel Potato Cakes

1. Rinse the mussels under running fresh water. Throw away any that do not close.

2. In a large pot, add the apple juice and mussels. Cover with a lid and cook on high for approximately 5 to 6 minutes or until steam is pouring out from under the lid.

3. Let the mussels cool. Remove the mussel meat from the shells and put it in a covered bowl or dish. Reserve half a cup (125 ml) of the broth.

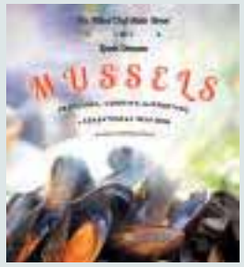
4. Place the onions and mussel broth in a sauté pan and bring to a boil. Reduce the heat to a simmer and cook until the onions are soft and the liquid is reduced by half.

5. Place mashed potatoes, onions, broth, parsley, summer savory, eggs and mussel meat in a large bowl. Gently mix by hand. Form into 3 oz (100 g) cakes; coat lightly with flour.

6. Fry the mussel cakes in butter over medium heat until crisp and golden brown on both sides. **RECIPES FROM MUSSELS (WHITECAP BOOKS) BY ALAIN BOSSÉ AND LINDA DUNCAN**

Cookbook of the Week

Mussel your way through the kitchen



Alain Bossé and Linda Duncan combine their love for mussels in their aptly titled book Mussels: Preparing, Cooking and Enjoying a Sensational Seafood.

The release features 77 recipes that range from expected dishes such as apps, salads and mains, to pies and cocktails. Enjoy recipes such as Cajun Mussel Soup, Mussels Carbonara, Coconut and Panko Mussels, Mussel Mac and Cheese, Halibut with Mussel Cream and more. **METRO**

This recipe serves four. PERRY JACKSON FROM MUSSELS (WHITECAP BOOKS)

Ingredients

Apple Chutney
- 2 medium apples
- 1 1/2 tbsp (22.5 ml) butter
- 1/4 cup (60 ml) packed brown sugar
- 1/4 tsp (1 ml) cinnamon

Mussel Potato Cakes
- 2 lb (1 kg) mussels
- 1/2 cup (125 ml) apple juice
- 1 large onion, chopped
- 3 cups (750 ml) cooked mashed potatoes
- 2 tbsp (30 ml) chopped fresh parsley
- 1 1/2 tbsp (22.5 ml) summer savory
- 2 eggs, beaten
- 1/4 cup (60 ml) flour
- 2 tbsp (30 ml) butter

This recipe serves two. PERRY JACKSON FROM MUSSELS (WHITECAP BOOKS)

App. Root Beer Mussels

"This fun recipe is very simple and will definitely bring out the child in you. It might be a neat way to get the kids to try a new food," write Alain Bossé and Linda Duncan in their book Mussels.

1. Rinse the mussels under running fresh water. Throw away any that do not close.

2. In a large pot, add the mussels, root beer and shallots. Cover with a lid and cook on high for approximately 5 to 6 minutes or until steam is pouring out from under the lid.

3. Spoon the mussels in a large bowl to serve family-style and pour the broth over-top.

4. Serve with crusty bread and potato chips.

Ingredients
- 2 lb (1 kg) mussels
- 1/2 cup (125 ml) root beer
- 1/4 cup (60 ml) minced shallots

For your phone

From Harvest to Heat (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This journey between farm and kitchen links a dozen recipes with stories of American artisans and farmers, adding country flavour to roasted trout, tomato galette, and lobster Mac and Cheese.

Blue Bombers refuse to take Redblacks lightly

CFL. Expansion team's veteran QB, experienced personnel draw respect from first regular-season foe

Opposing players are rarely popular in Winnipeg, but quarterback Henry Burris expects a special level of animosity when he leads the Ottawa Redblacks on the field for their first regular-season game as a CFL franchise Thursday at Investors Group Field.

"I'm the most hated man in the Prairies now, I guess," said Burris, who spurned an offer to quarterback the Blue Bombers.

He says he made the decision to be closer to family in Springfield, Mass., but also to be part of something historic — the return of Ottawa to the CFL.

On Thursday, just about everyone cited Burris as the reason the Redblacks have a better shot this season than your average expansion franchise.

Burris tried to downplay his role with the team.

"I appreciate that, but for me, I go through my guys. I work my butt off to make sure that we're prepared, because when we're all on the same page, especially as an offence, it makes my job that much easier, especially with the guys that they brought in."

He said he has a great receiving corps in players like Paris Jackson, Marcus Henry, Kierrie Johnson, Matt Carter and Dobson Collins.

"They brought in a lot of great weapons for me to get the ball to."

Bombers head coach Mike O'Shea may not know exactly what to expect from the Redblacks on Thursday but he says there are a lot of reasons, including Burris, not to look at them as just an expansion team.

"They're going to be well coached," he said. "Their GM didn't hire guys that don't have CFL experience. These are all guys that are very well-versed in the CFL game. They're going to be well-prepared."

Jovon Johnson will face his former team as a member of Ottawa's secondary. He said it will feel a little strange not to be playing with the Bombers, who didn't want the former all-star and CFL's 2011 outstanding defensive player back.

While describing it as "a slap in the face," he said "that's just the way the business goes and I'm cool with that."

THE CANADIAN PRESS

Cramping Willy's style

"You've got to play what your eyes see."

Blue Bombers quarterback Drew Willy says he's not quite sure what to expect in facing the Redblacks' defence on Thursday.

Fred Rouse leads the Redblacks out from the locker room prior to a pre-season game against the Roughriders in Regina on June 14. The Redblacks play their first regular-season game on Thursday against the Blue Bombers. BRENT JUST/GETTY IMAGES

Week 2 pick

Redblacks at Blue Bombers, Thursday, 7:30 p.m. (TSN)

Execution certainly wasn't a problem in Winnipeg's season opener. The Bombers were dominant in their 45-21 home victory over the Toronto Argonauts. Quarterback Drew Willy, signed as an off-season free agent, finished 19 of 27 passing for 308 yards and four TDs en route to being named league's offensive player of the week.

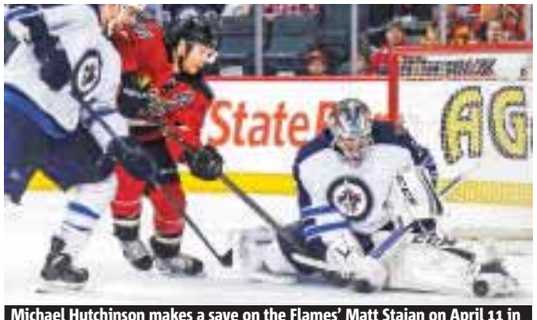
The Redblacks will be the first Ottawa team to play a CFL regular-season game since Nov. 5, 2005, when the former Renegades beat Toronto 27-17 at Lansdowne Park.

The Redblacks, who were 1-1 during the exhibition season, have plenty of CFL experience. Their roster features 30 players who saw action last season and the veterans have a combined 121 seasons of experience and played 1,675 career games.

That's over 400 more than Winnipeg has through last week's game.

Prediction: Winnipeg

Jets sign Hutchinson to two-year deal



Michael Hutchinson makes a save on the Flames' Matt Stajan on April 11 in Calgary. DEREK LEUNG/GETTY IMAGES

The Winnipeg Jets have signed goaltender Michael Hutchinson to a $1.15-million US, two-year contract.

Hutchinson, a 24-year-old restricted free agent, will count $575,000 against the salary cap each season if he remains in the NHL.

The Barrie, Ont., native could be Ondrej Pavelec's backup next season if the Jets don't add a veteran.

The contract is two-way in 2014-15, meaning he'll have a different salary in the AHL, and one-way in 2015-16.

Hutchinson made his NHL debut April 7 and played three games for the Jets this past season. He went 2-1-0 with a 1.64 goals-against average and .943 save percentage. He helped the AHL's St. John's IceCaps to the Calder Cup final last month.

Hutchinson was originally a third-round pick of the Boston Bruins in 2008.

THE CANADIAN PRESS

Jokinen finds a new home

The Nashville Predators signed centre Olli Jokinen on Wednesday to boost their lacklustre offence.

- The 35-year-old Jokinen had 18 goals and 25 assists in 82 games last season for the Winnipeg Jets. He signed a one-year deal worth $2.5 million.

THE ASSOCIATED PRESS

Canada Day at Wimbledon

Milos Raonic of Canada puts his arms aloft as he celebrates defeating Nick Kyrgios of Australia in their men's singles quarterfinal match at the All England Lawn Tennis Championships in Wimbledon, London on Wednesday.
BEN CURTIS/THE ASSOCIATED PRESS

Uncharted territory. Emerging singles setting new standards for Canadian youth

First there was Canada's Davis Cup semifinal appearance last fall. Next came Eugenie Bouchard's trip to the final four at the Australian Open early this year.

Now Bouchard is getting ready to play in her third straight Grand Slam semifinal at Wimbledon and this time she will be joined there by fellow Canadian Milos Raonic. It's the most significant achievement yet in the country's rise as a tennis power as no two Canadians have ever advanced this far at one major.

"I'm sure that the outbreak and the response back home is of much more magnitude than anything else that's happened or that's resonated," Raonic said Wednesday after defeating Australian wild card Nick Kyrgios 6-7 (4), 6-2, 6-4, 7-6 (4) to advance to his first career Grand Slam semifinal.

"I think not only (Bouchard) in the last two Slams, but us doing it at the same time here is bigger than anything we've done in Davis Cup, anything we've done at Fed Cup. It has a bigger audience, a bigger meaning, a bigger recognition."

Bouchard advanced to her third straight major semifinal by defeating Germany's Angelique Kerber 6-3, 6-4. The result is expected to move her into eighth on the WTA rankings list Monday, equalling the Canadian-best ranking held by Carling Bassett-Seguso.

"Iw'm excited to be in the semis. But, of course, I'm never satisfied, so I definitely want to go a step further, or as far as I can," Bouchard said.

THE CANADIAN PRESS

AUGMENTED REALITY

→ For more photos from Wimbledon on Wednesday, scan the image with your Metro News app.

→ See the full instructions on Metro's Voices page.

Support from a trailblazer

"I'm telling you she's going to No. 1. I watched her play. I don't watch too much women's tennis, to be honest with you. I watched that match and I was just blown away."

Canadian Carling Bassett-Seguso — a former world No. 8 almost 30 years ago — predicting more success for Eugenie Bouchard

Baseball

Salamida's sets new Fish record with special K's

It didn't take Chris Salamida long to ink his name in the Winnipeg Goldeyes' record book on Wednesday night. The recently-turned 30-year-old hurler took the mound in the top of the first inning and swiftly sat down the top of the Kansas City T-Bones batting order 1-2-3 with three strikeouts.

Salamida's second strikeout put him at 381 as a member of the Goldeyes, surpassing the team's all-time strikeout mark previously held by Andrew (Ace) Walker.

Salamida accomplished the feat — now in his fifth season with the Fish — in 218 fewer innings pitched than it took Walker to amass 380.

Salamida finished his night with six Ks in six complete innings.

Winnipeg — still securely atop the North Division at 30-14 and 6-1/2 games up on the St. Paul Saints — came roaring back in the middle innings to erase a 4-1 deficit to beat Kansas City 7-5 for their seventh-straight victory. DARRIN BAUMING/FOR METRO

World Cup. Colombia soars, Brazil stumbles

Brazil and Colombia enter the World Cup quarterfinals with totally different mindsets.

Brazil is surrounded by doubts after a more difficult start than expected to the tournament it is hosting. Colombia is upbeat after convincing performances and four straight wins.

While the hosts narrowly beat Chile in a penalty shootout to avoid elimination in the second round, the Colombians had a convincing 2-0 win over Uruguay to reach the quarterfinals for the first time.

The South American rivals play Friday in the northeastern city of Fortaleza, with Brazil hoping to keep alive its quest for a sixth World Cup title and Colombia aiming to extend its best-ever run in football's showcase event.

Despite its tradition and home-field advantage, Brazil is far from a big favourite. An uncomfortable opening win over Croatia, a draw with Mexico and a win over Cameroon in the group stage preceded the tight knockout match against Chile, when Brazil advanced on penalties.

Meanwhile Colombia has won all of its matches without any real difficulty, thanks in part to the tournament's second-best attack with 11 goals, one less than the Netherlands. It also has a strong defence with only two goals conceded. Brazil, meanwhile, has scored eight goals and conceded three.

Brazil has reached the quarterfinals in six consecutive World Cups, but was eliminated at this stage in the last two.

THE ASSOCIATED PRESS

More online

Go to metronews.ca for more World Cup coverage.

Quoted

"Matches are decided on penalties, in the final minutes, on mistakes."

Luiz Felipe Scolari, coach of Brazilian national soccer team on unexpected game results in World Cup 2014

Canadians
FINISH THE SENTENCE

Play Taxi Media, the Canadian based media company with a national ridership of touch screens in taxicabs, asked more than 4,500 riders across the country to finish a series of questions and shares with Metro News their findings.

LOVE:

Thoughts on a riders relationship with their ex demonstrated a strong correlation between men and women feeling that they were much better off without their past lover. In terms of crushes, men and women scored "neck in neck" in noting that most currently do not have a crush but men did score higher when it came to admitting a current crush on a coworker.

LIFESTYLE:

When asked what most riders felt they should change about their current lifestyle, the percentage of men to women who felt they could be a better friend proved equal. The majority of women indicated that they are most keen on going back to school while the bulk of men noted that they felt they needed to slow down on partying. Life also "won't be complete" until the majority of women travel with their male counterparts wanting to finish with more money. Both sexes equally demonstrated the ultimate goal is to get married and start families.

play TAXI MEDIA

Horoscopes

♈ Aries
March 21 - April 20
Don't worry too much about details today. Instead, focus on the bigger picture. That applies as much to your personal life as it does to your work. Don't let loved ones pin you down to plans that stifle your creativity.

♉ Taurus
April 21 - May 21
There is no need to be quite so competitive. The planets indicate if you relax, the rewards will be greater than you imagined. And, you won't have wasted time and your energy on senseless rivalries.

♊ Gemini
May 22 - June 21
With Venus moving through your birth sign, you seem to be more mellow than usual and that's good. It's also necessary as something is about to occur that will take you by surprise.

♋ Cancer
June 22 - July 23
Don't expect everything to go according to plan today. It may be that a colleague is jealous of your success and will say things that are designed to undermine you. Don't take them seriously.

♌ Leo
July 24 - Aug. 23
Over the next 24 hours something will make you want to let the world know what a passionate human being you can be. The only danger is you will come on too strong and frighten special someone away.

♍ Virgo
Aug. 24 - Sept. 23
Put chores out of your mind and focus on what makes you feel good about yourself. Think of dreams you had and plans you made and give yourself credit for coming this far.

♎ Libra
Sept. 24 - Oct. 23
Travel and social plans may be disrupted today, so try not to make promises you won't be able to keep. There is no point trying to look too far ahead.

♏ Scorpio
Oct. 24 - Nov. 22
What happens today will bring a chance to make much-needed cash but you are going to have to be less conservative in your money-making ventures. You don't have to gamble but be open to alternative possibilities.

♐ Sagittarius
Nov. 23 - Dec. 21
Break a few rules today. The planets are urging you to do something that stirs things up a bit in your quiet little corner of the world. Rock the boat and see who falls out.

♑ Capricorn
Dec. 22 - Jan. 20
As Venus, planet of harmony, is moving through the area of your chart that governs your wellbeing, take things easy today. That's easy by Capricorn standards — people will still get exhausted just watching you.

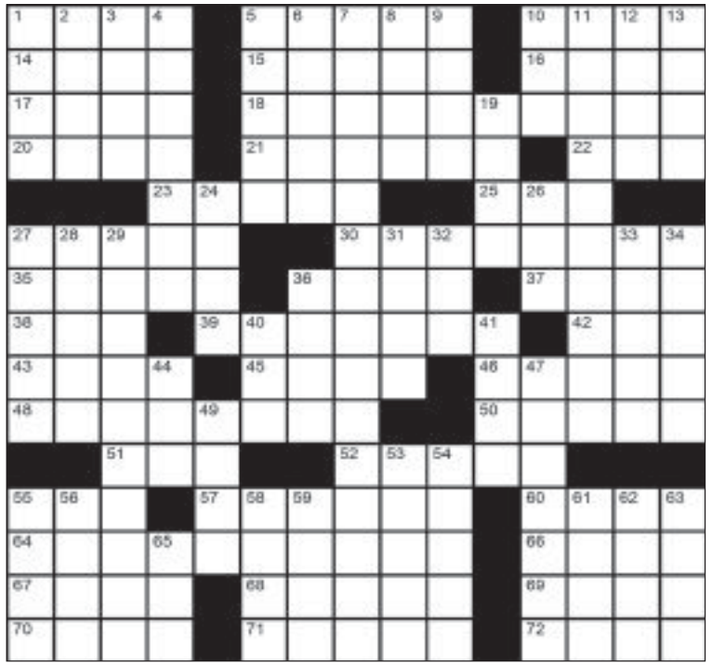
♒ Aquarius
Jan. 21 - Feb. 19
Your passion for a creative project knows no bounds. There is, however, a danger that you could lose touch with reality and allow it to become all-consuming. Don't forget to come up for air, occasionally.

♓ Pisces
Feb. 20 - March 20
Feelings you have been keeping hidden will burst out for the world to see today and, yes, it will be embarrassing. But better to be embarrassed than to go on pretending you don't care. You always care. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. The Four __ (Canadian singing quartet)
5. Gawk
10. Pinnacle
14. Division
15. Curved
16. "The Maple Leaf Forever" composer: Alexander __ (b.1830 - d.1906)
17. And, e.g.
18. GGFG = Governor General's __ __
20. "On the Loose" is by which Canadian rock band?
21. One who evades
22. Fragment
23. Soil fertilizers
25. Sad ER declaration
27. Streetside 'steeping' spots
30. Casey or Finnegan, e.g.: 2 wds.
35. Provide cheer
36. "Bye!"
37. Fight
38. __ Tin Tin
39. Crop __ (Designs in the wheatfields)
42. French season
43. Requests
45. 1990s kind of party
46. Actress Amy
48. "The Fault in Our Stars" (2014) star Ms. Woodley
50. Bothers
51. Nero's 511
52. Excavation extraction
55. Dined
57. Paltry
60. Canadian songstress, Shakura S'__
64. Gen-Xer's kid, perhaps
66. "Canadian __"
67. Great Lake
68. ___ ($1,000)
69. Film holder
70. Crew __ top
71. Celine's hubby, and namesakes
72. Simple

Down
1. Montreal-born hockey great Mr. Robitaille's
2. Kind of buffalo
3. __-dong! (Doorbell sound)
4. __. __ Village (Winnipeg neighbourhood)
5. More secure
6. Web forum annoyer-er
7. When a musician 'unplugs' he/she is doing a what of their song?: 2 wds.
8. Like a brought-back-to-the-store item [abbr.]
9. The __ (U2 guitarist)
10. Li'l music trophy
11. House's exterior as landscaping, etc. in real estate: 2 wds.
12. 'Noon' in Nice
13. In the past, in verse
19. Language of Pakistan
24. "Hey! Hold on __ __!"
26. Ancient Rome: Harvest goddess
27. Org. that handles the Juno Awards
28. "Witness" (1985) folk
29. "One Nation Under a Groove" band
31. Low-lying area
32. 'P' in literary monogram EAP
33. Celebrated currants-created Cake communication: 2 wds.
34. Hair lock
36. Ocean Spray flavour, __-Raspberry
40. Anger
41. Wrapped garment
44. VI
47. Veronic __ (Canadian impersonator whose repertoire includes Adele and Lady Gaga)
49. Citrus fruit
53. Uplift
54. Mr. Lovett's
55. Church word!
56. Canadian __ 'Money'
58. Bldg. planner
59. Canadian chef Ms. Yarymowich
61. Brain wave
62. John and Jane
63.Friendly nation
65. Currency in Albania

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

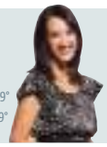
	2			3			1	
			5		6		8	
				7			4	3
6					5	8	9	
	5		9		2		7	
	8	7	6					1
3	9			6				
	1		2		4			
	7			5			6	

Yesterday's Sudoku

8	2	7	6	4	9	1	3	5
1	9	6	8	5	3	7	4	2
5	3	4	7	1	2	6	9	8
4	7	3	2	6	8	9	5	1
6	8	1	4	9	5	2	7	3
9	5	2	3	7	1	4	8	6
3	6	8	9	2	4	5	1	7
2	4	5	1	3	7	8	6	9
7	1	9	5	8	6	3	2	4

Weather

TODAY	FRIDAY	SATURDAY
MAX: 24° MIN: 10°	MAX: 26° MIN: 12°	MAX: 29° MIN: 19°



BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

The fact is, it doesn't matter what you choose. All beverage containers are recyclable, regardless of what's inside. So whether it's a bottle, can, carton or juice box, be sure to drop it in a blue bin after you're done.

Enjoy it. Recycle it.

Say you went
nose to nose with
polar bears.
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